

The  
**Little  
Sous  
Chefs**

# THE OFFICIAL LITTLE SOUS CHEF PROMISE

Being a Little Sous Chef is about more than cooking.  
It's about learning, helping, trying new things,  
and sharing love with the people around us.



- Wash my hands and keep them clean. 
- Listen to my trusted adult helper. 
- Use kitchen tools safely. 
- Walk carefully in the kitchen. 
- Keep my cooking space clean and organized. 
- Try my best, even when something is hard. 
- Be brave and try new foods. 
- Treat others with kindness and respect. 
- Help clean up when the cooking is done. 
- Remember that mistakes help me learn and grow. 
- Have fun, use my imagination, and be creative. 
- Cook with love, because love is the secret ingredient. 

## MY LITTLE SOUS CHEF SIGNATURE

I promise to be safe,  
kind, curious, and ready  
to learn in the kitchen.



Little Chef Name: \_\_\_\_\_

Date: \_\_\_\_\_

Trusted Adult Helper: \_\_\_\_\_


## CHEF'S PLEDGE

I promise to encourage,  
teach, support, and create  
wonderful kitchen memories  
with my Little Sous Chef.



Adult Helper Signature: \_\_\_\_\_

### TOGETHER WE SAY:

Chef, "And what's the  
secret ingredient?" 

Little Sous Chef:  
**"LOVE!"** 



OFFICIAL  
LITTLE  
SOUS CHEF

CERTIFIED

COOK WITH LOVE. LEARN WITH JOY. GROW TOGETHER.